



Fruity Flapjack

(serves 8)

Preparation time = 25 minutes

Cooking time = 15 mins

Method

1. Heat the oven to 170°C or gas mark 4.
2. Lightly grease a shallow medium sized baking tin with a little margarine
3. Measure out the oats and chop up any large pieces of dried fruit into a bowl
4. Wash and grate the apple/s (including the skin) and mix together with the oats and dried fruit
5. Melt together the margarine, sugar and golden syrup in a pan on a low heat
6. Add the oats, dried fruit and grated apple to the melted margarine mixture and mix thoroughly
7. Spoon the mixture into the tin and level out
8. Bake for 15-18 minutes until pale golden but still soft
9. Leave in the tin until cool then cut and divide into equal pieces.

INGREDIENTS

- 300g porridge oats
- 50g dried fruit e.g. apricots, dates, figs, sultanas
- 1 large or 2 small cooking apples
- 100g margarine, plus extra for greasing
- 30g brown sugar
- 3 tbsp or 75ml golden syrup

EQUIPMENT

- Shallow baking tin
- Weighing scales
- Sharp knife
- Grater
- Saucepan